



Ups & Downs

Pyecombe G C

Newsletter

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No 132

Editor Alf Bickham

FROM THE CAPTAIN

Captain's Log - Star date September 2013

Hopefully a few of you will remember the original series of 'Star Trek' which always opened with Captain James T Kirk announcing the 'star date'. You may also remember that the 'Starship Enterprise' could travel at 'warp speed' which was faster than the speed of light. There's no reason for relating this apart from making the analogy with how quickly my year as Captain is disappearing. Into the last quarter now and the search for a car parking space on a Sunday morning looms ever closer.....

Lot's has been happening over the last two months since my last ramblings. We actually had a decent summer for once which was a relief after the bitterly cold start to the year. It seems a long time ago but we only came off winter rules 4 months ago.

Most of the major competitions and matches have now been played and not only as members have we enjoyed our golf course this year, the comments I've received from visitors in our open events etc has been nothing but complimentary. I've already crowed about our

award for 'Golf Yearbook online: Southern Counties Golf Club of the Year 2013' before but I want to thank Simon Wells and his team again for doing such a great job in presenting us with such a magnificent golf course to play on. Absolutely brilliant chaps. Thank you for all your hard work, we are lucky to have such high quality green staff.

Now there's been too much golf going on to document here but there are a couple of highlights I'd like to mention. Both involve 'youngsters' but in a slightly different context. Firstly Alfie Hutton excelled himself again in a junior event the 'Wee Wonders' national final which was played at St Andrews. Having won the regional qualifier (only the winner qualified) to get there he finished joint 3rd..! What a fantastic achievement..!! Well done yet again Alfie. It's fantastic having such a great talent at our Club and I'm certainly going to enjoy watching his progress over the next few years.

The second 'youngster' was none other than Cracker who this year qualified for the senior's championship. He was the youngest (and probably the most continent) in the field

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MEMBERS CONTRIBUTIONS TO NEWSLETTER

Leave in the Office with the Secretary or in an envelope in the foyer marked for the attention of Alf Bickham / Newsletter or send Alf an Email message to his Email address of: alf@abickham.freeserve.co.uk or to make contact by telephone, call him at home, **Tel. No. 01444.242101**

Captain's Log (Continued)

.....and he won it at the first attempt. The last two holes were rather nerve racking as a mishap up the sixteenth meant he had leaked a bit but he managed somehow to regain control of his bladder and swing. Accompanied by thunder & lightning (in the clubhouse we assumed it was Cracker exploding) he kept a great score (79) going down the last two holes in horrendous conditions to win by quite a few. Well done Mate. I used to play golf as a junior with Cracker and as my now well worn joke goes 'in those days I had a full head of hair and he had a waist'..!

(See Seniors report with photo's (page 6)

I also must just mention the MSL. After a bright start my hopes of lifting the trophy for the first time since 1894 faded sadly away. An 8 – 2 drubbing by Copthorne left us with a lot to do in the last match against Haywards Heath. Sitting outside in the sun with a beer after a comfortable 4-1 result at home with a melancholy Haywards Heath Vice Captain I eagerly awaited the away result confident in the

knowledge I had given Colin the pick of the team. The result arrived by text as clearly Colin was too embarrassed to phone. Imagine my horror as I read the score, 0 –5. Not only that but it seemed we had opened a kennels judging by the number of dog licences we received.

Oh well you can't win them all, or in Colin's case any.....

Next up on the social scene is the big one, the Ball. Wickwoods is booked, we have a live band (better than a dead one I suppose) playing music from the 60's, 70's & 80's and buses available so you can enjoy the odd tincture or two. I hope to see you there.

I'm off to write my speech now. Dave Schwartz has given me a few tips so with luck I'll beat his record of 2hrs 12mins from last year.

Best wishes

Nick Lee

Late News

Pub Challenge - 14th September

The re-arranged Pub Challenge on Saturday came down to a Battle between "The Bugle 2" & "The New Inn" with the latter scoring 91pts to take the 1st prize. Our Bar wenches were complemented for the pulling of pints & our pub grub style lasagne went down a storm.

George Eves

Mixed Match v Willingdon - 15th September

Result of play at Pyecombe – match was halved 3.5 - 3.5

Speaking of which, a storm led to a stampede of golfers from the course during Sunday's mixed match. In the race back to the clubhouse from the 12th, Jamie Blades with 8mins 45secs broke the ladies record with Dave Schwartz slip-streaming into second place. Oh, yes and the match halved was fair.

Special Thanks - To all participants of the mixed matches this season, especially Dave Schwartz & Irene Silander for stepping in to take the reins when needed. Lots of "FUN"

Cheers

Colin Kemp

LADIES SECTION

What a wonderful summer we have had - PLEASE, PLEASE, PLEASE, may it continue for a while longer. The good weather makes such a difference to every aspect of our golf. The course has been looking wonderful and the extra cutting and shaping of the rough has been very much appreciated by the ladies so - thank you to all the Greens Staff! There is no doubt that you will never please everyone, all of the time, but there have been very few complaints, even about the rough, this year. As I often remark, we are so fortunate to be out there playing golf on such a beautiful course and, for me, no matter how bad my game is on the day, I still enjoy a lovely walk on the South Downs and a good bit of exercise and fresh air!

The Ladies have been busy both home and away with many members representing Pyecombe Golf Club in various events. Thank you to all those who have played for us this summer, and to those who will do so in the next few weeks. The lady who represents the club most often around Sussex is, of course, Aileen Greenfield. I am delighted to say that Aileen remains our Club Champion having retained her title back in July for the 32nd time. Very impressive indeed, well done Aileen!

August has been a busy month. Our Ladies Open on the 6th August was well attended by ladies from 19 different clubs from near and far, and they enjoyed the course in wonderful conditions. For the 3rd year in a row we had excellent weather which is always a huge bonus. Again, several ladies have reserved places for next year. Thank you to all of our ladies who helped out on the day to make the event such a success.

On the 8th August 32 of our members travelled to Wellshurst Golf Club for our Away Day. A very enjoyable day was had by all, aided by yet another warm sunny day!

On the 27th August, having just played in The President's Trophy competition (which had been postponed earlier in the year by bad weather) the ladies joined Sheila McNeill in a very special celebration. Sheila had invited us all to lunch to celebrate her 80th birthday with her. It was a lovely occasion enjoyed by everyone who was there. Thank you Sheila and many congratulations on reaching an impressive milestone and still managing to play 2 rounds in a day when you choose to! And thank you Reg for sponsoring the President's Trophy and for making the presentations on the day - (See the results and a photograph of the winners in Reg's Reflections).

The social calendar continues to be busy and our next big event was a supper competition and charity evening to raise funds for the Captains' charity - Kidney Research UK - on 5th September. We started the day with golf for ladies and guests from other clubs - who played a 15 holes competition in some of the highest temperatures of the year! Then we went on to enjoy a chat and drink with friends in the clubhouse while browsing a number of stalls selling jewellery, lingerie, clothing, delicious chocolates (made by Celia Schultz who runs a chocolate shop in Lewes), and Nigel's wonderful chutneys and jams. Hazel Crowley, who provides monthly remedial massage sessions at the club, was also there to offer 'quickie' massages and hints on fitness and nutrition. We finished off the event with supper, a quiz, and some more fundraising.

The evening was a great success and raised around £500 (the exact total to be confirmed when our treasurer has done her calculations). This will be added to the pot to be handed over to the charity at the end of the year by Nick and myself.

Our next big event will be the South Downs Trophy which we are hosting this year on Thursday 3rd October. This is an annual competition for a group of Brighton area clubs which has been held since 1987. Pyecombe has won several times and we hope to do so again this year. More on that next time after the event!

Irene Silander
Lady Captain

The President reflects

This year the Ladies President's Trophy had to be rescheduled, as the original date in May was literally a 'washout'. Fortunately, the new date at the end of August was a lovely sunny day and coincided with a celebration of Sheila McNeill's big '0' birthday. Sheila very generously invited past and present members of the Ladies section to lunch at the Club following the conclusion of the golf and to mark the occasion she was presented with a lovely bouquet of flowers.

The competition itself, a '6-6-6' format, produced some very good scores. In third place with a net 70 was the Lady Captain Irene Silander partnered by Joanna Greenstreet. Second was Pam Perry with Marsha Shand on 67.5, but with an excellent score of 65.5 this year's winners were Alison White and Val Jeffery (photo below).



L/R: Alison White, The President & Val Jeffery

Reg Auchterlonie

COLTS SECTION

The season so far has been of mixed results, but now with only 2 games left to play we can still have an overall winning end to the season (or not), at present we have played 10 won 3 drawn 3 and lost 4, all in all it has been great fun as always, and gives you the chance to play other local courses at a very reasonable rate with food as well.

One highlight this year was that we hosted the 17.5+handicap Inter Club Trophy, where we were pleased to have along players from Cottesmore, Ifield, Ham Manor, West Hove, and East Brighton; they all thoroughly enjoyed the day and commented on how good the food was. I would also like to thank our Captain Nick Lee who returned to the club late in the day (after a MSL match) to present the trophy's. All the clubs praised our course and the entire organisation for that day, so my thanks to all that contributed to that end.

Look out for next year when the season starts in early march with the Colts Tankard, All 17.5+ handicap golfers are entitled to play and any new members that would be interested in playing matches don't hesitate to add your name to the contact list, & on the team availability sheet when posted on the Colts noticeboard.

I would also like to thank all of this year's team players. We have had good golf and great fun.

Happy Golfing

Alan Carter

Gala & Captains Day

Captain's Weekend at Pyecombe was a popular and successful event, raising at least £1000 for charity.

Saturday was 'Gala Day', when members invite guests along to sample the delights of Pyecombe in a team event, followed by a hog roast. The winning team on 121 points were Peter Lang, Phil Lee, Tim Yates & David Jagger.

Sunday was Captain's Day, an individual stableford competition and barbecue. Pimms and other libations were served half way round.

Division 1 Results

1st Gary Becarevic 43pts
2nd Dave Hackett 43pts
3rd Austin Smith 42pts

Division 2 Results

1st Peter Fray 42pts
2nd Vince Elphick 40pts
3rd M Willmott 39pts

Ladies' Result: Kirsten Redmore 34 pts, won on countback from Aileen Greenfield.



Capt Nick Lee (L) presents trophy to Gary Becarevic



Kirsten Redmore receives her prize from Nick Lee

The Friendship Bowl



Above is a photo of the winning team, Pyecombe, of the annual Friendship Bowl. The Bowl was put forward 24 years ago by Wendy & Bill Goddard of Ifield. The five golf clubs of the Mid-Sussex League (Worthing, Ifield, Pyecombe, Cophorne & Haywards Heath) each field ten mixed couples to play foursomes. Eight pairs' scores count from each club.

The best individual score this year was returned by John & Terri Trusson of Ifield (39 points). Nearest the pin in two, on the 18th hole, were Tim Gleave & Jan Brittin.

The competition will be hosted by Ifield next year to celebrate 25 years and to coincide with their centenary year.

Seniors' Club Championship

On the 8th September the Senior Club Championship was played at Pyecombe on a day that saw wind, rain, hail, thunder and lightning. There were mixed fortunes for the 56 competitors as they witnessed four seasons in no more than an hour. The resulting 21 'no returns' tells a story, but there was also an impressive net score below Par, amongst some gross scores stretching into three figures! It was a day for steady golf, the odd bit of fortune, and a mind set to battle it out.

In the Scratch event for the Slater Quaich, Keith Gorringe, the 2012 champion shot 85 to grab third place, with Dave Hackett, the 2011 champion, scoring a net 82 for second. The winner, and the only man to break 80 on the day, was Andy Selsby, who despite a 7 on the 16th, finished par, par to grab his first Senior title. The photograph shows Captain Nick Lee presenting Andy with the trophy.



Senior Champion Andy Selsby (R) receives trophy from Capt Nick



Above: Captain Nick presenting Derek with his trophy

In the Raison Cup competition, presented for the best net score on the day, Peter Woods achieved a net 73 to make third place, Andy Selsby's net 72 was good enough for second, but the winner with an excellent net 70 was Derek Bament. Derek, despite finishing with 3 sixes, shot a gross 86 off his 16 handicap; managing to break net par on the day.

Rotation, rotation rotation.

Most golfers who come for lessons generally have one thing in common. They are looking for more consistency and also more power. This is all about rotation. The body rotates around a spine angle that should be fixed and stable, keeping your club on the proper swing path. Are you able to do this with your swing?

This may be the idea that separates the high handicapper and low handicapper: the ability to rotate your body, keeping the club on a consistent swing plane.

Admittedly, some of the pros like Jim Furyk make some interesting movements in the swing, but if you dissect it a little further, you will notice they keep the club in a certain slot on the backswing and on the downswing. Every tour player is able to rotate around a fixed or stable spine angle, transfer their weight as a result, and successfully hit the golf ball.

The first part of the swing should be simply, a turn away from the ball with no independent movement from the hands and arms. A one piece takeaway. The knees should remain flexed and the width between the knees should be maintained. You should feel the weight transferring onto the back foot as a result of the good turn. Once the body has turned sufficiently so the arms will start to separate and the wrists to hinge, but I must stress that the over riding feeling on the backswing is one of rotation and the body doing the work.

The body should be once again controlling the downswing. The hips start to open clearing the room for the arms to swing the club through the impact point and the weight shifts to the front foot. **The over riding feeling is one of the body pulling the club through the ball rather than swinging the club down with the arms.**



If you want more power you simply turn a bit quicker and if you want to hit a soft shot simply slow it all down. The one thing to reiterate is that you must be turning, even on the short shots. The accuracy, power and consistency are all derived from the body turn. Try throwing a ball without turning your body. You won't be able to generate any power and the ball could go anywhere.

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What if your body is not able to rotate around a fixed spine angle? If you can't rotate, it will be very hard to keep your club on plane.

Your body is performing the mechanics of the golf swing. In order to do this properly, your body must have certain levels of flexibility, balance and core strength. I will shortly be advertising some evening yoga/palates classes specifically geared towards the golf swing with a view to getting those aching bodies into shape, building up those core muscles and getting you turning!

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